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FCS Newsletter Fall 2009

School of Family & Consumer Sciences

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Reflections from the Chair

by Jim Painter

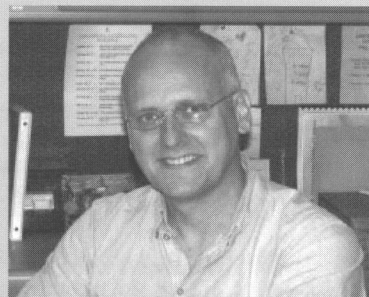
As I reflect on the past year I am ever impressed by the quality of the educational experiences that our faculty provides. Over spring break Dr. Taylor and Ms. Bradley took a group of our Textile and Merchandising students to Florence, Italy where they studied fashion at Florence University of the Arts. Dr. Murphy accompanied a group of students in our Family Studies program to South Africa for the complete fall 2008 semester. This summer I took a group of our Master's of FCS students on a food and fashion study abroad to Tuscany. Ten FCS students completed an internship through the Disney College Program at the Walt Disney World® Resort in Orlando, Florida.

The student organizations have been actively involved in community projects. The Student Association of Family and Consumer Sciences (SAFCS) constructed sock puppets for children in an orphanage in India run by an alumnus of Family and Consumer Sciences at Eastern, Kailas Chinta. I took the puppets to the orphanage while I was attending a conference in India. KONu continued their support for Colleges Against Cancer by participating in the EIU Relay for Life, raising about \$3,500 for the cause. OPEN, our student nutrition organization, worked with a local business modifying Amish recipes to produce healthier options.

Our faculty is also actively involved in research. Dr. Simpson and a team of researchers from FCS have conducted a study to observe and analyze the shopping behaviors of the Black Friday consumers for the past three years. Overall, the findings have shown that a small number of shoppers exhibited negative and potentially dangerous behaviors. Drs. Kennedy-Hagan & Honselman and Ms. Rhodes administered a study regarding consumption of pistachios. They found that if pistachios were eaten from the shell compared to eating shelled nuts, people consumed far fewer calories yet were equally satisfied.

Our outreach programs have been affected by the recent state budget cuts. Peace Meal has fared well with no major cuts in sight and the CCR&R program has taken minor cuts.

As we look ahead to next year, there are many exciting possibilities and opportunities. Next year the commercial kitchen will be completed and our dietetics, hospitality, and FCS teacher certification students will have a state-of-the-art food production facility where they will receive hands-on real world training. The MS in FCS cohort program that Dr. Murphy developed in the northwest suburbs of Chicago for a group of 24 secondary level FCS teachers will be graduating May 2010.



Student Association of Family and Consumer Sciences Creates International Impact

Student Association of Family and Consumer Sciences (SAFCS) under the organization of Tiffany Grice, Graduate Assistant and MS in FCS student, accomplished many service projects aiding children and families locally and internationally. This year students constructed sock puppets for children in an orphanage in India run by a graduate of Family and Consumer Sciences at Eastern. Dr. Painter, Chair of the School of Family and Consumer Sciences traveled to the India to visit the orphanage and deliver the puppets. Near the holiday season, SAFCS members "adopted" a local family and purchased gifts for each member of their adopted family.

Throughout the 2008-2009 school year, SAFCS members learned from professionals in Family and Consumer Sciences related fields. Angie Hunt of HOPE, a coalition against domestic violence spoke on the topic to members in the fall. Students also learned about portion sizes from Dr. James Painter, Chair of the School of Family and Consumer Sciences. Small business owner, Robert Grice spoke on the "In's and Out's of Starting and Running a Small Business".

In February, SAFCS members attended the Illinois Association of Family and Consumer Sciences (IAFCS) conference held at Holiday Inn Chicago Mart Plaza in Chicago, Illinois. The conference theme was "Celebrating the Past, Sustaining the Future". Many SAFCS members volunteered at the Annual Illinois Family, Career and Community Leaders of America (FCCLA) Conference in April. Eastern students served as judges for state proficiency events at the conference.

Tiffany Grice was very proud of the accomplishments of SAFCS this year. She states, "This organization has such active members". She was excited to note that the incoming leader and Graduate Assistant, Sharon Lewis, will serve as the 2009-2010 president. Lewis has been a very involved member of SAFCS and will be a very effective leader of the organization.



Children in India play with sock puppets created by EIU SAFCS members.

Peace Meal: Quality meals for healthier lives

The mission of Peace Meal Senior Nutrition Program is to provide quality meals for healthier lives. The program seeks to help senior citizens improve their nutrition, sustain their independence and enhance the quality of their life by providing meals, fellowship and connections to other needed services. A budget of almost \$3 million is raised from various grants and donations to provide 1600 meals daily to over 70 sites in fourteen counties.

Services include home delivered meals, congregate meals, nutrition education, needs assessment and outreach. Peace Meal utilizes over 1200 volunteers each year for the provision of meals and services. One hundred and fifty full and part time employees, including many senior citizens, currently work with the program throughout the service area.

Hands on involvement with Peace Meal allows students interested in nutrition, dietetics, family services or gerontology the opportunity to move from theory to practice as they navigate through coursework at EIU. Students are welcome at Peace Meal as interns, graduate assistants and volunteers. Students frequently request information to be used in class research or analysis. Peace Meal staff members are always pleased to be offered the opportunity to speak to classes about senior nutrition programs or careers in gerontology.

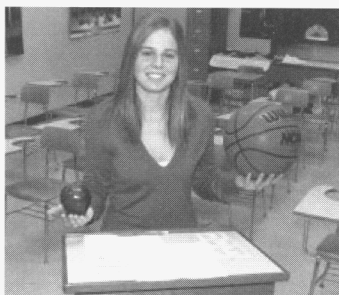
Currently staff is working to modify menus to meet new dietary requirements implemented by the Administration on Aging. These new requirements will offer clients a diet with enhanced fiber content and will improve suitability for clients with special diet needs.

Peace Meal has been awarded funds through the American Recovery and Reinvestment Act to provide over 50,000 additional meals to 6000 different seniors during the next year and a half. Additional funds are anticipated from federal and state sources to replace equipment necessary for the preparation and delivery of meals.

Like many other senior service providers, Peace Meal has faced uncertain funding, increased costs and growing requests for services. Peace Meal has responded to these challenges with enthusiasm and optimism and continues to evolve to effectively meet the needs of the communities served.

Submitted by Barbra Wylie, Director of Peace Meal.

Student Spotlight: Megan Edwards



Megan Edwards

In previous years, the women's basketball team was at the bottom of the league, winning around 10 games per season. They were always considered the easy win on the OVC schedule. Then walked in a recruiting class of five determined student-athletes whose goal was to turn the EIU

Women's Basketball program around – and that they did.

Megan Edwards was a big contributor to the success of this program. Megan's freshman and sophomore years were pretty rough as they had a 10-19 record her first season. Her sophomore year was cut short as she redshirted after injuring a knee in the preseason. Her Junior and Senior years were most memorable as the team built a strong 20-game winning streak in Lantz Arena this past season, hosted a first round tournament game both seasons, and finished second place in the Ohio Valley Conference both seasons. The Panthers had never challenged for a conference title before.

I loved to watch Megan play because she was so unassuming. She had a quiet demeanor, very much disliked the spotlight, but was such a great leader. Coach Brady Saltee always knew his team would be at its best when she was on the court. Being the point guard, she had been termed the "coach of the floor" and the "quarterback" of the Eastern women's basketball team's offense." She would rather pass the ball and lead the team in assists rather than take the shot herself; however, when she took the shot, it counted. She connected on 53 3-pointers, becoming just the fourth player in program history to make over 50 3-point shots in a year and finished her career in fifth place on Eastern's all-time 3-point field goal list.

Now, the EIU Women Panthers are at the top of the league. I remember going to games when Megan was a freshman and the crowd basically consisted of me, my husband, the coach's wives/husbands, the player's parents, a few other loyal fans, and the refs. This might be a slight exaggeration but the truth was, EIU Women's Basketball was not on anyone's radar. By the end of Megan's senior year, the fan base was at 1,000 plus who came out to support this much loved team.

Megan's accolades don't stop on the basketball court as she has been an outstanding student in the FCS program. She has a 3.5 GPA and has earned numerous academic honors including the OVC commissioner's honor roll, Dean's list, Provost's list, Panther Club LAIR Fund, and holds the highest GPA for her sport. She is a true example of a student athlete. Megan will student teach in the fall at Glenbrook North High School and wants to continue her teaching career in the Chicago area. Not surprisingly, she has always wanted to coach high school basketball, and hopes to do that while teaching. As FCS professionals, it is very rewarding to send Megan into a high school to serve as a positive role model to students, both in the classroom and on the court.

According to Megan, "The leadership skills I learned as a basketball player will help me make a positive impact on my student's lives. Basketball really taught me a lot of things about myself that made me a lot more comfortable to be able to do what I do in the classroom".

Submitted by Linda Simpson.

Calling all dietetic alumni...we want you on Facebook!

Dr. Carla S. Honselman, with the assistance of past Graduate Assistant Samantha Sullivan, opened an account on Facebook for all dietetics alumni. Whether you graduated from our undergraduate and/or graduate programs, we invite, and encourage, you to join our group called EIU Dietetics Student and Alumni on Facebook.

Submitted by Melanie Tracy Burns.

Alumni Update

Jill Bowers, MS 2006, BS 2005, is currently working on her doctorate at University of Illinois Urbana-Champaign in the Department of Human and Community Development with a concentration in Human Development and Family Studies. Ms. Bowers is the former instructor and director for CCR&R at EIU.

Katie Shaw, MS 2004, BS 2003, is currently working on her PhD in Retail Merchandising from Florida State University in the Department of Textile and Consumer Sciences. She plans to graduate in Spring 2010. Ms. Shaw is a former instructor in the School of Family and Consumer Sciences at EIU.

Teresa Drake, MS, RD, MS 2003, is currently working on her PhD in Health Education at Southern Illinois University, Carbondale. Ms. Drake is a former instructor in the School of Family and Consumer Sciences at EIU.

Traci Frieling, MS, RD, LDN, MS 2004, is currently an Outpatient Dietitian at Ingalls Hospital, Chicago, IL.

Mary Jane Hacker, MS, RD, MS 2008, is employed at a WIC Clinic as a Nutrition Educator in Panama City, Florida.

Lynn Stahlhut Thomas, MS, RD, MS 2005, BS 2004 is currently a Clinical Dietitian at Dayton VA Medical Center, Dayton, OH.

Kelly Boeger, MS, RD, LDN, MS 2007, BS, 2005, is currently a Clinical Dietitian at Provena Covenant Medical Center, Urbana, IL.

Chrissy Mitzel, MS, RD, LDN, MS 2007 is currently a Registered Dietitian for Hy-Vee, Rock Island, IL.

Sondra Koumleis Clarkson, MS, RD, LDN, MS 2007 is currently a Consultant Dietitian at Nutrition Care Systems, Champaign, IL.

Audra Fish Cisna MS, RD, LDN, MS 2007 is currently a Consultant Dietitian at Nutrition Care Systems, Champaign, IL.

Jessica Petruzak, MS, RD, LDN, MS 2007 is currently a Consultant Dietitian at Nutrition Care Systems, Peoria, IL.

Beth Schmidt Helmold, MS, RD, LDN, MS 2008 is currently a Clinical Dietitian at St. Frances Hospital, Peoria, IL.

Annalisa Berardi, MS, RD, LDN, MS 2008 is currently a Consultant Dietitian for Cynthia Chow Associates, Chicago, IL.

Ciarra Kent, MS, RD, MS 2008, BS 2006, is currently a Dietitian at Southside Virginia Training Center, Petersburg, Virginia. Angie Campbell-Huchinson, MS, RD, LDN, MS 2008, BS 2007 is currently a Clinical Dietitian at Quincy Hospital, Quincy, IL.

Emily Meirink, MS, MS 2009 is currently employed at Good Samaritan Hospital, Robinson, IL.

Sarah Ann Smith, MS, MS 2009 is currently employed at Tendercare in Kalamazoo, MI.

Dawn Wilcox, MS, MS 2009 is currently an Extension Educator at Michigan State University, Saginaw MI.

Tiffany Cavoretto, MS, MS 2009 is currently employed at St. Mary's Good Samaritan Hospital, Mt. Vernon, IL.

Katie Neuschwanger, BS 2006, is the Director of Human Resources at the Country Club of Peoria, IL.

Tracey Jemison, BS 2008, is a manager with Red Lobster in the Chicagoland area.

Maureen Werntz, BS 2008, is a manager with Red Lobster in the Chicagoland area.

Nikki Beck, BS 2008, is in management with Phil Stefani Signature Restaurants at Castaways in Chicago, IL.

Samantha Azzarelli, BS 2008, is employed at the corporate office of Lettuce Entertain Your Restaurants, Chicago, IL.

Justin Nickel, BS 2008, is at Frankie's Scaloppini with Lettuce Entertain You Restaurants, Chicago, IL.

Nick Paris, BS 2008, is at the Big Bowl with Lettuce Entertain You Restaurants, Chicago, IL.

Sara Gillenwater Shea, RD, LD, is a clinical dietitian at Dubois Hospital of St. Louis located in Chesterfield, MO.

Faculty Awards

Congratulations to Drs. Rick Wilkinson, Karla Kennedy Hagan, and Mikki Meadows for earning tenure and promotion to Associate Professor!

Congratulations to Dr. Melanie Tracy Burns for her promotion to full professor and being awarded a sabbatical for the 2009 fall semester.

Carla S. Honselman and Karla Kennedy Hagan secured funding through the Redden Grant Fund on EIU's campus. Thank you for taking the time to write for additional funding to the benefit of our dietetics students.

Karla Kennedy Hagan, Kathleen O'Rourke and Melanie Tracy Burns secured funding from the School's Winkleblack Family Fund. Funding supported research and creative activity in the family and dietetics areas as well as funding to support graduate research.

Rick Wilkinson was named the "Outstanding Reviewer" for 2008 International Hospitality and Tourism Educators Conference.

Dr. Pat McCallister earned the Paul T. Overton Outstanding Greek Advisor Award. Congratulations, Dr. McCallister!

Compiled by Melanie Tracy Burns.

Fall Scholarship and Awards Ceremony

The School of Family and Consumer Sciences Scholarship and Awards ceremony was planned and organized by Mrs. Kathy Rhodes, Dr. Mary Lou Hubbard, Dr. Jim Slavik, Dr. Linda Simpson and Dr. Karla Kennedy-Hagan. The event was held on Saturday, November 15, 2008. The ceremony began with a welcome the Vice President for Academic Affairs and Provost Blair Lord, Dean Robert Augustine of the Graduate School, and Diane Hoadley, Dean of the Lumpkin College of Business and Applied Sciences. Drs. Karla Kennedy-Hagan and Linda Simpson emceed the ceremony. Following the ceremony recipients, family members, friends, EIU administrators and FCS faculty enjoyed a reception of finger foods and punch. Following is a list of the recipients for 2008-2009.

Donna Lynn Connelly Scholarship



*LaDonna Jenkins,
recipient of the
Ruth Gaertner
Scholarship*

Maria Cesario, Jessica Lange, Megan Matthies, Shantica McClellan

Eileen F. Hubbard Scholarship

Karen Dye, Bridget O'Conner

Ruth Gaertner Scholarship –

LaDonna Jenkins

Ozier Child and Family Award –

Ivy Readhead

Elsie and Erson Giffin Scholarship

Josie Fehrenbacher, Otis Seawood Jr., Mary Temples, Tynisa Watson

Ruth Miller Esbeck Scholarship –

Ashley Brewer, Mollie Kelley, Jenna Kuhns, Christine Ozier, Trina Rothrock, Gerald Slattery

Carolyn Kluesner Modglin Memorial Graduate Scholarship –

Amy Lidy, Laura Lienhop

School of Family and Consumer Science Graduate Scholarship –

Karen Armour

McNabb-Dow Graduate Scholarship –

Sasha Robinson, Lauren Rusk, Samantha Sullivan

Price – Lyndsey Kirk,

Natalie Rodakowski

Joyce S. Crouse Scholarship –

Heather Kirkwood

School of Family and Consumer Sciences Elderhostel Scholarship –

Jennifer Switzer

Swope Fund for Excellence Outstanding Senior Awards

Consumer Studies – Jessica Knierim

Dietetics – Jamie Sloan

Hospitality – Shantica McClellan

Family Services – Ivy Readhead

Teacher Certification – Michelle Evankoe

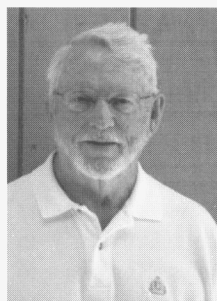
Merchandising – Joseph Reyes



*Heather Kirkwood,
recipient of the
Joyce S. Crouse
Scholarship*

Submitted by Karla Kennedy Hagan.

An Update on Retired Faculty Member Bob Butts



Bob Butts served the School of Family and Consumer Sciences/Home Economics for 28 years before retiring in 1998. He is celebrating his ninth year of marriage to Kathleen Roberts. Together they reside in Nashville, Indiana in the heart of charming Brown County, once a favored weekend getaway turned permanent residence.

For leisure, Mr. Butts enjoys an active schedule of daily workouts at the YMCA and playing tennis year round. Most summers he and his family vacation in Kiawah Island, south of Charleston, South Carolina. Another favored travel destination is Dallas, Texas where his children reside.

Mr. Butts has remained closely connected to his first career in campus ministry and regularly attends theological conferences. Butts served as campus minister at Delta State University in Cleveland, Mississippi from 1962 to 1970 before obtaining his Masters degree in Management, Housing and Family Development at Virginia Tech during the years of 1970 and 1971. As a member of Nashville United Methodist Church, he preaches to the congregation and teaches Sunday school on occasion.

Serving on a local committee for Habitat for Humanity is just one way Mr. Butts volunteers in his community. In addition, he serves at a food pantry monthly. He has participated diligently in ongoing flood relief efforts from the severe 2008 flooding in Indiana.

What Mr. Butts stated he enjoyed most about Eastern Illinois University was the close ties he built with both colleagues and students. He valued the camaraderie developed through weekly lunches spent with fellow faculty members.

Submitted by Beth Puricelli.

ITAA/TAGA members active in 2008-09

Members sponsored the Illinois High School Screen Printing Competition during April 09. The competition was part of the Skills USA competition held annually at Springfield, IL. Students organized the competition, set up and torn down the 5 different competition events and judged events with Screen Printing Professionals that volunteer their time and expertise.

Two members, Angie Schaeffer and Christine Ozier entered garments in International Textile and Apparel Association design competitions. Two additional students, Karla Browning and Kim Hansen, entered garments in the Chicago Fashion Group design competition.

Christine Ozier, graduate assistant for the 2009-2010 school year is serving as President of the student organization, which welcomes all majors and meets every Thursday night at 4:30 to learn a variety of printing techniques.

Submitted by Jean Dilworth.

Graduate Dietetics Students Thinking Outside the Box

The focus of integrative learning advances student understating and application of course content. Thus, critical and reflective thinking as well as interactive hands-on learning continues to be intertwined in to the dietetic courses. In addition to the normal classroom work, the students have been going outside of the classroom and providing nutrition education both on and off campus. For example, students educate Peace Meal recipients and clients of the Charleston Transitional Unit on health and nutrition. They plan two different nutrition education presentations, which are taped and played on WEIU TV. They write nutrition books for children and create nutrition education displays in Booth Library. The students plan posters, presentation and handouts for health fairs and talk to children classes in the local schools. In addition, they critique nutrition education materials for the *Journal of Nutrition Education and Behavior* and write up reviews, which are published in the *Journal*. Through integrated academic and personal development our students and alumni become empowered and responsible citizens.

Submitted by Karla Kennedy Hagan.

CCR&R Updates

As we wrap up FY09 it was a busy and productive year for the Child Care Resource & Referral (CCR&R). The CCR&R made a smooth transition while welcoming their new director, Misty Baker. Ms. Baker obtained her B.S. in General Studies and her M.S. in FCS from Eastern Illinois University. After serving as a Graduate Assistant for the School, she taught FCS classes through the School of Continuing Education, as well as serving as a Youth and Family Counselor.

During the past year the CCR&R staff provided approximately 500 referrals to families as well as offering over 100 training and educational opportunities to child care providers. In addition, the Child Care Assistance Program (CCAP) provided assistance to approximately 675 families during FY09. The Mental Health Consultant has facilitated approximately 20 trainings and provided 38 consultations. She has made 248 contacts with providers, sharing information, resources, training, consultations, and providing support.

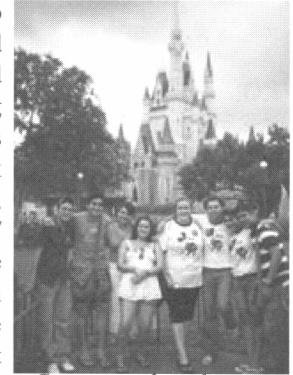
As we entered the new fiscal year the CCR&R staff jointly wrote a grant for quality improvement for Licensed Exempt Provider's in the six counties served by the CCR&R. The grant was approved September 18, 2008. The CCR&R student workers prepared quality improvement kits and several of the staff delivered the kits to 150 license-exempt providers. In addition to the quality improvement kits, the CCR&R staff made return visits to 46 providers delivering child resource kits containing developmentally and age appropriate material.

Misty thanks all the staff at CCR&R for a great year. She states that without the passions, dedication, and professionalism among the staff at CCR&R FY09 would not have been such a success. CCR&R is looking forward to a great FY10.

Submitted by Misty Baker, Director of CCR&R.

Disney College Program: Working, Earning, Living

FCS students are being encouraged to attend the Disney College Program at the Walt Disney World® Resort. The program is designed to serve as a working, earning, and living experience. Students may receive credit by selecting from eight courses which are accredited by the American Council on Education. In addition, students have the opportunity to complete an internship and attend training classes, personal and professional-development learning activities and networking sessions with Disney leaders. Students work at one of the four theme parks, resorts, water parks, or at the dining/entertainment/retail complex. The housing arrangements include an apartment community where the students have the opportunity to meet and live with people from all over the world. Along with the real world experience, this program has proven to be invaluable for our students to develop transferable skills for their chosen profession. More information about the Disney College Program is available at www.disneycollegeprogram.com.



Current students learning at Disney

Submitted by Linda Simpson.

Graduate Dietetic Curriculum Changes

In keeping with student learning needs, the graduate level Medical Nutrition Therapy course is expanding. Effective Fall 2009 Medical Nutrition Therapy advances into a fall and spring semester course. Students will learn through classroom work and activities and hands-on learning at St. Anthony's Hospital in Effingham. Carole Corder and Karla Kennedy-Hagan continue to co-teach the courses. Effective Fall 2009 the core FCS courses will be reduced from 3 courses to 2, allowing for an elective course for students.

Submitted by Karla Kennedy Hagan.

Spotlight on Faculty Research

Leadership Role Profiles

Dr. Rick Wilkinson had an article titled "Leadership Role Profiles and Job Satisfaction of Restaurant General Managers" accepted for publication in the *Journal of Foodservice Business Research*. This research applied Robert Quinn's Competing Values Framework of leadership styles to the restaurant industry and allows Wilkinson to provide a more accurate description of the work restaurant managers perform to students in the classroom.

Submitted by Rick Wilkinson.

Kappa Omicron Nu Honor Society Serves the Community, Prepares for the Future

In 2008-2009, Kappa Omicron Nu (KONu) welcomed more than 50 new undergraduate and graduate student initiates into Eastern Illinois University's Kappa Alpha Theta chapter. The fall featured speaker was Angie Hunt from HOPE, who spoke on the topic of domestic violence. In the Spring, Claire Kay, a Financial Advisor shared information on finances after college.

Service activities included the "adoption" of a family for the holiday season. KONu members purchased and wrapped gifts for each member in the adopted family. In addition, the group celebrated Women's History and Awareness Month in March by attending one of the many activities on campus. In the Spring, KONu continued their support for Colleges Against Cancer at the EIU Relay for Life, April 17-18, 2009. Their team of fourteen raised approximately \$3,500 for the American Cancer Society and ranked as one of the top fundraising teams for the fourth consecutive year.

KONu extends congratulations to Tiffany Grice (2008-2009 President) and Mollie Kelley (2008-2009 Treasurer) on earning their master degree in Family and Consumer Sciences in May! The group thanks them for their leadership and contributions to the continued success of the chapter.

The 2009-2010 chapter officers include: Angelina Berg (President), Karen Dye and Kim Ensign (Co-Vice Presidents), Emily Vincent (Treasurer), Sharon Lewis (Editor), and Tynisa Watson (Dean's Student Advisory Board Representative). Faculty advisors for Kappa Omicron Nu are Drs. Jim Slavik and Kathleen O'Rourke.

Future chapter plans for the group include sending three to four students and Dr. O'Rourke to the national Kappa Omicron Nu leadership conference in Nashville, Tennessee, August 6-9, 2009.

For continued news and updates, check out our national Kappa Omicron Nu website at www.kon.org

Submitted by Angelina Berg, Kappa Omicron Nu President and Kathleen O'Rourke Faculty Co-Advisor.

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